

Migas "Crumbs"

Rating: ★★★★★

Cook time: 20 minutes

Makes: 4 servings

Ingredients

4 tortillas (large)
3 **tablespoons** canola oil
1/4 **cup** bell pepper
1/4 **cup** onion
4 egg (lightly beaten)
4 **tablespoons** cheddar cheese, low-fat (grated)

Directions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	19 g	29%
Protein	12 g	
Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	3.5 g	18%
Sodium	450 mg	19%